

Senior Tales

The Newsletter of Twin Pines

August 2006



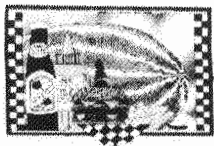
The Senior Connection

TWIN PINES
SENIOR AND
COMMUNITY CENTER

20 TWIN PINES LANE
BELMONT CA 94002
(650) 595-7444

OUR MISSION

To provide an inviting environment for senior citizens, enhance the quality of their lives, and serve as an integral part of the Belmont Community



August 2006 Events Calendar



Tuesday, August 1

10:00 Belmont Senior Club
10:30 German Group
11:30 Lunch Program
12:00 Low Key BINGO
12:30 Needle Craft

Wednesday, August 2

9:45 Video Exercise
10:00 Travel Video
10:00 Spanish Group
11:30 Lunch Program
12:15 Movie -
12:30 Pinochle & Hearts
1:00 Writers Workshop

Thursday, August 3

11:30 Lunch Program
12:15 Poker
12:15 Scrabble/Games
12:30 Bridge
1:00 Porcelain Doll Making

Friday, August 4

9:45 Video Exercise
10:30 Pool
1:00 BINGO

Monday, August 7

9:45 Video Exercise
11:30 Lunch Program
12:30 Manipulation
2:00 Senior Strength

Tuesday, August 8

10:30 German Group
11:30 Lunch Program
12:30 Needle Craft
12:15 Low Key BINGO

Wednesday, August 9

9:45 Video Exercise
10:00 Travel Film
10:00 Spanish Group
11:30 Lunch Program
12:15 Movie -
12:30 Pinochle & Hearts
1:00 Writer's Workshop

Thursday, August 10

12:15 Poker
12:15 Scrabble/Games
12:30 Bridge
1:00 Porcelain Doll Making

Friday, August 11

9:45 Video Exercise
10:30 Pool
1:00 Mah Jong

Monday, August 14

9:45 Video Exercise
10:30 Line Dance
11:30 Lunch Program
12:30 Manipulation
2:00 Senior Strength

Tuesday, August 15

9:00 Blood Pressure
10:00 Belmont Senior Club
10:30 German Group
11:30 Lunch Program
12:00 Low Key BINGO
12:30 Needle Craft

Wednesday, August 16

9:45 Video Exercise
10:00 Travel Film
10:00 Spanish Group
11:30 Lunch Program
12:15 Movie -
12:30 Pinochle & Hearts
1:00 Writer's Workshop

Thursday, August 17

11:30 Lunch Program
12:15 Poker
12:15 Scrabble/Games
12:30 Bridge
1:00 Porcelain Doll Making

Friday, August 18

9:45 Video Exercise
10:30 Pool
1:00 BINGO

Monday, August 21

9:45 Video Exercise
10:00 Stamp Group
11:30 Lunch Program
12:30 Manipulation
1:00 Book Group
2:00 Senior Strength

Tuesday, August 22

10:30 German Group
11:30 Lunch Program
12:30 Needlecraft
12:30 Jim Dunbar

Wednesday, August 23

9:45 Video Exercise
10:00 Travel Film
10:00 Spanish Group
11:30 Lunch Program
12:15 Movie -
12:30 Pinochle & Hearts
1:00 Writer's Workshop

Thursday, August 24

11:30 Lunch Program
12:15 Poker
12:15 Scrabble/Games
12:30 Bridge
1:00 Porcelain Doll Making

Friday, August 25

9:45 Video Exercise
10:30 Pool
1:00 Mah Jong

Monday, August 28

9:45 Video Exercise
11:30 Lunch Program
12:30 Manipulation
2:00 Senior Strength

Tuesday, August 29

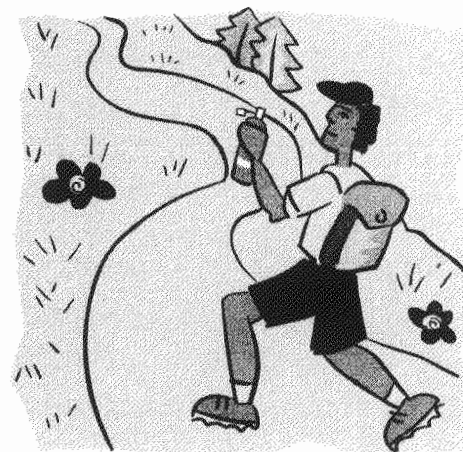
9:30 Safety Day
10:30 German Group
11:30 Lunch Program
12:00 Low Key BINGO
12:30 Needle Craft

Wednesday, August 30

9:45 Video Exercise
10:00 Spanish Group
11:30 Lunch Program
12:15 Movie -
12:30 Pinochle & Hearts
1:00 Writer's Workshop

Thursday, August 31

11:30 Lunch Program
12:15 Poker
12:15 Scrabble/Games
12:30 Bridge
1:00 Porcelain Doll Making



WE'RE HERE FOR YOU

Operated by the City of Belmont, the Twin Pines Senior and Community Center provides a variety of programs and services to the community. The programs we sponsor include classes, lunches, lectures, social services, special events and recreational activities. There is no membership fee to come to the Center. There are clubs that hold their monthly meetings and activities at our facility, which you are welcome to join. There is something for everyone at the Twin Pines Senior and Community Center ---WE'RE HERE FOR YOU

STAFF

Cheri Handley, Recreation Supervisor
Pietie Vreman, Recreation Coordinator
Annie Troyan, Recreation Coordinator
Joan Santaga, Information & Referral
Jerry Schwerzler, Transportation
Barbara Murray, Nutrition

Twin Pines Senior & Community Center

20 Twin Pines Lane
Belmont, CA 94002
(650) 595-7444
OPEN
Monday-Friday
9am - 5pm

Senior Citizens Advisory Committee

Rich Bortoli, Chair

Cheri Handley, Secretary

Coralin Feierbach

Connie Maguet

Rose Davenport

Dennis Pettinelli

Steve Harris

Peg Kocourek

Lu Krueger

NOW AVAILABLE!

INFORMATION & REFERRAL

Access information on services and agencies assisting with senior needs. Areas of focus include:

- Housing
- Support groups
- Transportation
- Home delivered meals
- Home care

Office staffed on Thursdays from
9:00 a.m. to 5:00 p.m.
Appointments are recommended.
Please call 595-7444 to schedule.

Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00 am and 1:00pm. Transportation July also be available for special events. For more information phone (650)595-7444. There is a suggested donation of 25 cents for a oneway ride or 50 cents for a round-trip ride.



Local Senior Services



Telephone Assistance

Your telephone is a social connection, your link to family and friends, even a lifeline when you need help. If using the telephone has become difficult, Pacific Bell has FREE programs and services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility and cognitive limitations. Phone 1-800-806-1191.

NEW HELP AT HOME BOOKS

We have the new 2006 Help at Home books, available in the Information and Referral Office. This directory is a mini-reference guide to assist San Mateo County adults of all incomes to remain in their homes. You will find information on:

Adult Day Centers	Hospice
Grocery Shopping	Lifeline
Support Groups	Home Care
Home Health Agencies	Hospitals
Home Delivered Meals	Transportation-Specialized
Aging and Adult Services	Senior Centers/Dinning Centers

Please stop by the Information and Referral office on Thursday if you would like a free copy of Help at Home.

Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center the second and fourth Thursday of each month, 9:00 am to 12:00 noon. For an appointment call 1-800-434-0222.



PROJECT SENTINEL Homeowners Assistance

PROJECT SENTINEL, a non-profit HUD certified counseling agency, provides free information, advice, and technical assistance for:

- Homeowners who are having difficulty making their monthly mortgage payments or who are behind in their mortgage payments.
- Homeowners and lenders to help avoid foreclosure through payment plans, forbearance agreements, or pre-foreclosure programs.
- First-time homebuyers prepurchase and household budget counseling. For free and confidential assistance, call 1-888-331-3332 (toll free).

Important News and Information

Your Strongest Weapon to Fight Health Care Fraud...1-800-HHS-TIPS (1-800-447-8477)

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, anytime you believe you have information about fraud. You do not have to give your name to make a real difference.

Help Your Community

The Center for Independence of the Disabled needs volunteers to help people in the City of Belmont in these two programs:

SASH serves people who are unable to leave their homes or unable to lift or carry groceries. Some people have diminished sight or a physical challenge and cannot lift heavy objects.

VIMM volunteers are trained to help individuals with basic money management; including help sorting and paying bills and organizing a simple bookkeeping system.

Please give your time - Your efforts WILL be appreciated.

Please Contact me at (650) 595-0783, X117, and leave a message with your name, address and phone number. Sally Pierotti, VIMM/SASH Coordinator, Center for Independence of the Disabled.

Club Activities

The Twin Pines Senior and Community Center has clubs that hold their meetings at the Center. This page contains information on these clubs and activities they sponsor.

CLUBS

Belmont Senior Club Meeting August 1st & 15th

The Belmont Senior Club meets the 1st and 3rd Tuesday of each month. Meetings begin at 10:00 am at the Twin Pines Senior and Community Center, 20 Twin Pines Lane. Guest speakers, videos, and entertainment have been part of past meetings. For more information on scheduling activities and how to become a club member, come to a club meeting as a guest.

Belmont AARP Chapter #3046 No August Meeting

AARP Chapter #3046 holds monthly periodic meetings on the second Tuesday of each month. Meetings begin at 10:00 am and have featured a wide selection of speakers and current senior topics. All meetings are held at the Twin Pines Senior and Community Center, 20 Twin Pines Lane.

Widows and Widowers

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200, Joyce at 349-1807 or Bob at 593-9461 for membership information.

BINGO Tuesday BINGO

Join Bingo enthusiasts for a special afternoon of low-key Bingo on Tuesdays following the Belmont Senior Club and AARP meetings. Bingo begins at approximately 12:15 and all are welcome.

Friday BINGO

Sponsored by the Belmont Senior Club, BINGO is scheduled for Friday, August 4th and 18th at the Twin Pines Senior and Community Center. Regular Bingo along with a Blackout game will be featured. Games begin at 1:00. Everyone is invited to participate in BINGO.



Trips & Tours

The Belmont Senior Club and Belmont Chapter #3046 AARP have a variety of Trips and Tours available. For information on upcoming trips contact the BSC Reno: Leta Land (593-5861) or Lu Krueger (593-2930) BSC Day Trips: (345-6885) and AARP Trips: Agnes Harman (348-0517).

This and That

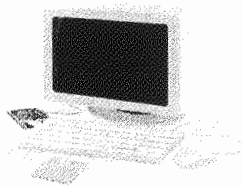
Computer Programs

INTERNET CLASSES

Free Internet classes are available to those who have completed a beginning computer class or have a basic understanding of computer operations. Learn how to "surf" the internet and how to find a web site. Note: Email is not available. Call 595-7444 to register. Classes fill quickly. Volunteer Instructor: Jim McNulty

BEGINNING COMPUTER CLASS

This class is for seniors with no computer experience. Basic computer terms and simple operations will be taught in the free class, offered by volunteer Colleena McHugh. The class size is limited to four students. If you are interested in taking this class, phone 595-7444 to place your name on the waiting list.



COMPUTER LAB

We now have two computers at the Twin Pines Senior and Community Center available for seniors to use. Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basic computer operations. To volunteer, or for more information on the computer lab hours, please call 595-7444.

We're on the Internet

Do you have a computer at home? Do you want to find out more about what's happening in Belmont. Visit the City of Belmont website:
<http://www.belmont.gov/>

COMMUNITY INFORMATION BOARD

We have a Community Information Board. This board will post flyers from non-profit community groups listing upcoming events. It is also available for individuals wishing to place ads such as "Help Wanted" or "For Sale". Please contact staff regarding use of the board. Items can be posted for one month. Please note that the Twin Pines Senior and Community Center does not screen persons advertising on the board and assumes no liability.

YARN NEEDED

Our Needlecraft Group works year round to create beautiful treasures. Many of the items they create are sold, with proceeds benefitting our Center. Do you have any yard or fabric that is taking up space in your closet? If so, please consider donating it to the Center. Completed projects are also gratefully accepted. Thank you to everyone who has already donated. The Needlecraft Group meets on Tuesday afternoons from 12:00-2:00. New members are encouraged to attend.



Van Driver

(Thursday and every other Friday, approx. 8 hrs./wk.)

\$10.21 to \$12.41 per hour
(depending on experience)

The City of Belmont is currently recruiting for a P/T Van Driver. The primary job function in this position is transporting senior citizens to the Twin Pines Senior and Community Center.

Must have a valid California Driver's License and a clean DMV record. This is the ideal position for anyone who enjoys senior citizens and is interested in working part time to earn extra income.

Open until filled. For an application please call 650.595.7445.

This and That

VIDEO LIBRARY

We have a new Video Library! Check out videos free of charge for two weeks. A variety of selections are available. Stop by the receptionist desk to see the list of videos available and check one out that appeals to you. Get some popcorn and enjoy the show in the comfort of your home. Do you have videos you no longer need? Your donations are also welcome.

Volunteers Wanted!

Do you enjoy being with Senior citizens? Want to make a difference in someone's life? Then please consider being a volunteer at the Twin Pines Senior & Community Center. Volunteer opportunities include: **receptionists, lunch program and class leaders.** Seniors are interested in learning how to **line dance, play bridge, explore music, computers, and art.** Phone (650) 595-7444 to find out how to get started in this fun and rewarding opportunity.

Box Tops for Education

We are collecting box tops for education to earn money for Central School in Belmont. You can find box tops on hundreds of participating food products.

Please bring your box top coupons to the Senior Center.

LIBRARY NEWS

The staff would like to Thank you for your past donations of books to our library. Due to a limit in space and to the generous donations we are not taking any more bulk donations.

If you have 1 or 2 popular books in good condition that is fine.

Thank you for your cooperation in keeping our library as neat & organized as possible

HAPPY READING!

Advisory Committee Vacancy

The Belmont Senior Citizens Advisory Committee is looking for an active candidate to join them in charting the course for the Twin Pines Senior Center population.

Currently there is an opening for a Central Belmont Homeowners Representative. Candidate should live in the Central, Barrett or McDougal Homeowners section.

The Committee meets six times a year to discuss current issues that impact the Twin Pines Senior & Community Center. The meetings are every other month at the Twin Pines Senior & Community Center.

If you are interested in submitting an application for candidacy, please contact Cheri Handley at 595-7444.

Candidates must submit their application by 5:00pm, Friday, September 1.

Important Information

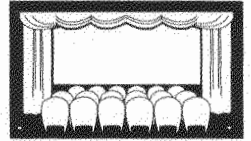
Emergency! It Could Happen To You

No one ever plans on being in an emergency situation. Yet emergencies can happen to any of us - unexpectedly. If an emergency occurred while you were at the center, who should we call? Are you taking any medications? Do you have any allergies? This is important information 911 responders need to know. Please take a few minutes to complete the Emergency Form attached to this news letter and return it to the Receptionist Desk. Thank You.

TELEVISED CITY COUNCIL MEETINGS

You can now see Belmont City Council meetings from the comfort of your own home. Meetings are held on the second and fourth Tuesday of each month at 7:30 p.m. Belmont residents can watch the meetings on Channel 27. Now you can "stay tuned" to what's happening in Belmont.

At the Movies Movies Every Wednesday



The Twin Pines Senior and Community Center will feature a variety of movies this month. The movies will begin at 12:15. Admission is FREE. ALL ARE WELCOME. Special thanks go to Glen and Connie Maguet and Colleen Dale for their assistance in coordinating the movie program. Movies to be announced later in August.

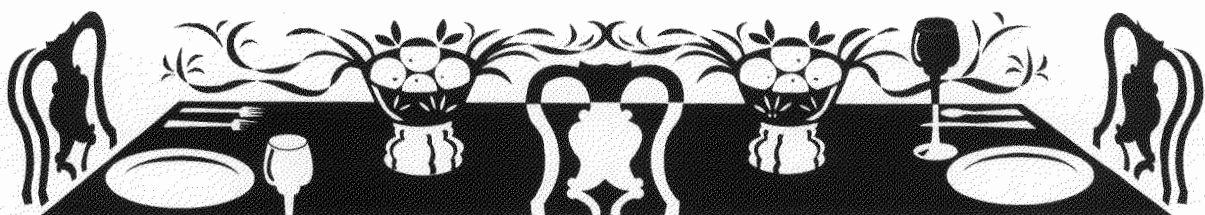
August 2nd	On A Clear Day
August 9th	Inside Man
August 16th	RV
August 23rd	Elizabeth I

Books on Tape

We have received a donation of books on tape. A listing of the tapes can be found in our library. If you would like to check out any of the titles, you August so at the front desk.

Lunch Program

Come gather with friends, old and new and enjoy lunch at the Twin Pines Senior & Community Center. Healthy lunches are served Monday through Thursday at 11:30. There is a suggested contribution of \$3.00 for those aged 60 and over. For adults under age 60 there is a fee of \$6.00. The lunch program is co-sponsored with the County of San Mateo. A monthly menu is available at the Twin Pines Senior and Community Center. Come have lunch with us....you'll be glad you did.



Programs Available To You

Needlecraft

Bring your newest needlework project to the Twin Pines Senior and Community Center every Tuesday from 12:30-2:30 P.M. The Needlecraft group meets on an ongoing basis in a social atmosphere to exchange and share new projects and ideas. All levels are welcome.



Video Exercise

If you would like to exercise in an informal and friendly environment, then you want to join the Video Exercise group. This group of dedicated exercise enthusiasts meets every Monday, Wednesday, and Friday morning at 9:45 to exercise to videos. They meet in the game room of the Twin Pines Senior and Community Center. There is no fee to join and all are welcome. The class is coordinated by **Barbara Young and Betty Slay**.

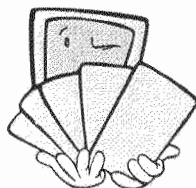
Bridge Group



Join the Bridge group that meets every Thursday afternoon from 12:30-4:00 P.M. If you are interested in being part of a new regular table please call Steve Harris at 591-4740 so we can set up the new 11th table. Phone 595-7444 for more information.

Beginning Poker

Come play poker in a low key and friendly setting. Beginning poker is played on Thursday at 12:15. chips and cards provided. No reservations needed.



PENINSULA CONFLICT RESOLUTION CENTER

Having a dispute? With your landlord? With a neighbor? Instead of going to court fighting or giving up, call the Peninsula Conflict Resolution Center or (650) 373-3490 and explain your problem. If you decide to request their services, a trained mediator will contact you and the other participants to arrange a face-to-face meeting at a convenient time and place. At the meeting, a panel of mediators will listen to both sides. They will assist you and the other person in finding a mutually satisfactory solution



2nd annual Belmont Festival in the Park

Save the dates

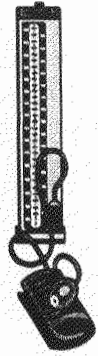
Sep. 30th- Oct. 1st

**More details and volunteer opportunities
will be coming in the Fall Activity Guide,
so be sure to keep your eyes open for all the
event information.**

Travel Film Series

Are you wishing you were enjoying a summer vacation? Perhaps touring Europe or relaxing in a tropical paradise? Come take a journey with us as we venture to places you have always wanted to visit. You don't need to pack a suitcase...just come down and relax in an air-conditioned building and we will whisk you away. Videos will be shown at 10:00am Wednesday mornings, August 2 through August 23. Reservations are not needed.

Health Services



Health Screening Blood Pressure Screening

Free blood pressure screenings will be held the third Tuesday of every month, from 9:00 am - 10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital.

HOUSING MODIFICATIONS

The Center for Independence of the Disabled (CID) provides:

ACCESSIBILITY MODIFICATIONS

If You Need:

- *Handrails
- *Grab Bars
- *Wheelchair Ramps

This service is available at low or no cost. Service fees are charged on a sliding scale according to income and ability to pay. Phone 595-0783 for information.

Meals on Wheels.

Meals on wheels provides meals to people living at home who are unable to prepare their own meals, and who have little or no assistance to obtain adequate meals. Meals on Wheels can be provided temporarily during short-term convalescence or long-term disability. Meals are delivered between 11:00am. or 1:00pm. Monday through Friday. Call 650/295-2173 for more information.

The Vial of Life

During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and Santa Clara counties keep "The Vial of Life" in their refrigerators for just such emergencies. The vial contains a sheet of paper listing medications the victim is taking or any health issues they have. Emergency medical technicians are trained to check for a special sticker on the refrigerator, which lets them know to look in the refrigerator for the vial. "The Vial of Life" kits are available at the Information & Referral office on Thursdays, 9am-3pm. For more information call Joan Santana at 595-7444.

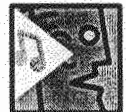
Talk with a Counselor

Having trouble coping with change? Feeling stressed or unhappy? Support is near! Beth Meyers is available to talk with individuals who might be lonely, recently widowed, stressed over life changes, or have a health or family problem. She can meet with you at the Twin Pines Senior & Community Center or refer you to other free support services. Call Beth at 355-8787 for a free confidential appointment.

HELP FOR THOSE WITH HEARING LOSS

Hearing loss is the largest disability in America. There are simple devices that can help and they are available here for you to try. You will be amazed at the difference they will make in your hearing!

The Redwood City Library and SHHH (Self Help for Hard of Hearing People) host a monthly meeting the first Wednesday of each month from 10am to 2pm in the Main Library conference room located upstairs. Phone Raegene Castle at 650/369-4717 for more information.



Disabled Parking

In order to determine the need for additional disabled parking, we will be adding three portable disabled parking spaces in the rear of the Twin Pines Senior & Community Center in August.

When parking in these spots you must display your disabled placard or have a disabled sticker on your license plate.



REBUILDING TOGETHER

Rebuilding Together, formerly Christmas in April, is a community based, non-denominational program dedicated to repairing and renovating the homes and community centers of low-income, elderly and disabled persons so that they can live in warmth, safety and independence. Our applicants are low-income, elderly or disabled persons or community centers in the Mid-Peninsula.

Repairs and renovations differ from house to house and facility to facility, depending on the need and available resources. The types of repairs traditionally include: Painting, Electrical, Roof Repairs, General Clean Up, Yard Work and Minor Installation.

Applications are available at the Twin Pines Senior & Community Center Front Desk and must be submitted to Rebuilding Together by October 1, 2006. Volunteers will repair homes at NO COST to the recipient on National Rebuilding Day, April 28, 2007

HELPFUL INFORMATION

To prevent receiving Pre-Approved Credit Cards, call 1-888-567-8688. You can ask to have your name removed from these credit bureau's lists for two years or permanently.

To remove your name from Mailing Lists:

DMA Mail Preference Service, Box 643, Carmel, NY 10512

To remove your name from Telephone lists, register your telephone number (& cell phones) with the Do-Not-Call Registry at 1-888-382-1222, or www.donotcall.gov.

To remove your email from Marketing lists: www.consumers.org/offemaillist.html.

A NOTE about ID Theft: If your phone number, address, SS#, credit card account #, bank account # is in the hands of an ID thief, he/she will use this information to obtain loans, bank accounts, arrest reports in your name. Now everyone can receive a free credit report annually from the three major credit bureaus. Phone 1-877-322-8228 or online at www.annualcreditreport.com. Or, you can mail in a form that is available on the FTC website.

OUR PROGRAMS

HAVE FUN...GET INVOLVED THIS FALL!!!

Musical Moments (9 Classes)

AGE: Adult

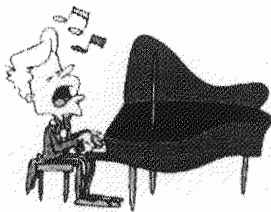
FEE: \$30 payable to instructor at first class

LOCATION: Twin Pines Sr & Comm. Center

INSTRUCTOR: Tina Baird

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird. A variety of medias will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. Registration fee is paid at the first class.

5525.301 W 10-11:30am 9/13-11/15



Beginning Piano (10 Classes)

AGE: Adult

FEE: \$110 Residents, \$130 Non-residents

LAB FEE: \$15 payable at time of registration (separate check)

LOCATION: Twin Pines Sr. & Comm Ctr.

INSTRUCTOR: Marilyn Schwarz

Learn easy beginning steps to play the piano for your own enjoyment. "Beginning Piano" will include learning the keyboard, reading music and basic theory. (No class 10/9)

5521.301 M 2:45-3:45pm 9/18-12/4

Advanced Beginning Piano (10 Classes)

AGE: Adult

FEE: \$110 Residents, \$130 Non-residents

LOCATION: Twin Pines Sr. & Comm. Ctr

INSTRUCTOR: Marilyn Schwarz

Advanced beginners must have the knowledge of music notation, major scales, and chords. This class will work on minor modes and chords. The book used is "Alfred's Basic Adult Piano Course Level 2". (No class 10/9)

5521.303 M 4-5pm 9/18-12/4

Line Dancing for Seniors

Here it is folks - The Most Popular Line Dances for Seniors! Those popular line dances you've always wanted to learn. The video instructor guides you through the Hully Gully, Electric Slide, Amos Moses, the Hustle, Lambada and more. So, get up and dance. You don't even need a partner. Class meets on Monday mornings, **November 13-December 4 at 10:30am**. Call 595-7444 to reserve your space for this free class.



NEW

Waltz To Fitness

No partners needed. This exercise video includes simple walking, marching and easy movements of upper and lower body as you move to the 1-2-3 beat of the waltz. Good motivating music. So get started! It's easy to waltz to fitness. Class will be held on Monday mornings, **September 11-October 2 at 10:30am**. Call 595-7444 to reserve your space for this free class.

Physically active people, increase strength and joint flexibility, lower their blood pressure and cholesterol levels.

NEW

Chair Yoga

Sit comfortably in your chair. Listen to pleasant music. Follow along to a video with stretching, strengthening, breathing, self-massage and relaxation techniques. Movements adapted from the ancient art of yoga. Reduce your stress and increase your focus. Class meets on Mondays, **October 16-November 6 at 12:30pm**. Call 595-7444 to reserve your space for this free class.

OUR PROGRAMS

HAVE FUN...GET INVOLVED THIS FALL!!!

Senior Strength (6 Classes)

AGE: Adult

FEE: \$56 Residents, \$67 Non-residents

LAB FEE: \$5 (new students only) payable to instructor at first class

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun class!
(No class 10/9, 11/20).

5502.301	M	2-3pm	9/18-10/30
5502.302	M	2-3pm	11/6-12/18

Chaucer's Saucer Book Club

Mondays, 1:00 pm

Join your local Belmont Librarian in reading and discussing books and authors selected by book club members. Copies of selected books to be provided by the Belmont Library. Meetings are held at **1:00pm on the 4th Monday** of each month. (650) 595-7444.



Porcelain Doll Making

AGE: Adult

FEE: Free

LAB FEE: Depending upon which doll you choose

LOCATION: Twin Pines Sr/ Comm. Center

INSTRUCTOR: Carmela Santino

With my help and instruction, you can make a beautiful porcelain doll. The dolls come in various sizes, and there are many to choose from. Your doll would make a wonderful gift or heirloom. All materials to complete the doll may be purchased in class from the instructor. Join the class at any time.
(No class 11/23)

Th	1:00-3:00pm	9/7-12/28
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Twin Pines Talks

Chocolate Therapy
Thursday, September 14
10:00 – 11:00 am

Does chocolate make you feel better? Does it have health benefits? Come find out!! Samples will be provided. The speaker will be Illicia Freiberg from Atria Burlingame a Senior Living Group.

Planning For Your Future
Thursday, October 12
10:00 – 11:30am

This workshop will provide a jumpstart in planning for your long-term care and housing needs. Beth Myers, a licensed marriage and family therapist from Pyramid Alternatives, will facilitate this discussion.

Call 595-7444 to sign up for these free talks.

Let's Start Something **NEW!**

We are looking for people to lead new programs at the Twin Pines Senior and Community Center.

CHESS

CANASTA

LINE DANCING

DOMINOES

BRIDGE CLASS

If you have an interest in leading one of these programs, want to meet new people and serve the community, **please phone Cheri Handley at 595-7444**. Find out how you can get started in this fun and rewarding experience. Do you have another idea? Please call and let us know.

Want to participate, but not able to lead the group? Phone 595-7444 to place your name on an interest list and we'll contact you when the group is formed.

OUR PROGRAMS

HAVE FUN...GET INVOLVED THIS FALL!!!

Fun with Knitting

September 21st & October 5th
10am - noon

Learn to knit with the new novelty yarns like eyelash, fun fur, boa and ribbon yarns. There are so many types and colors you can use. Bring your favorite yarn and knitting needles and we'll show you how to make a scarf. Class will be held on **Thursdays, September 21st and October 5th, from 10am - noon. FREE!**
Phone 595-7444 to register.

55 Alive Mature Driving

Sponsored by AARP, the popular 55 Alive Mature Driving Course is returning to Twin Pines, **Thursday, October 26th and Friday, 27th from 9:00am to 1:00pm** at the Senior and Community Center. The cost for the course is \$10.00 and is paid at the first class meeting. The course is limited to 30 participants per session. To reserve a space, call (650)595-7444.

Opinion Exchange with Jim Dunbar

Jim Dunbar of KGO radio fame will lead this stimulating program. Each session will include discussion and commentary on current events. Bring your thoughts with you - **FREE!** Space is limited, so sign up early! Sessions are typically held on the fourth Tuesday of each month from 12:30 - 1:30pm. Phone 595-7444 to register.



Greeting Cards with a Flair

An introduction to creating cards for special holidays and occasions using rubber stamps, decorative papers, fabrics, ribbons, buttons, and more. A fun, easy, inexpensive approach to sending a uniquely personal card for that special someone. Materials will be provided along with design samples. Classes will be held on **Wednesdays 10-11:15am in the Lodge**. Sign up by phoning 595-7444 at least one week prior to class. **A \$3.00 materials fee is payable to instructor Sue Evans at each class.**

September 6 - Halloween/Fall cards

October 4 - Thanksgiving & Harvest cards

November 1 - Holiday cards

Calligraphy

Learn the basics of Italic style calligraphy with a felt tip (chiseled edge) pen. A fun and easy way to personalize your greeting card envelopes, name tags or place cards for special occasions. All materials will be provided for this ancient art form. This two day class will be held on **Wednesday, October 11 and 18 from 10:00-11:30am in the Twin Pines Lodge**. **A \$5.00 materials fee is payable to instructor Sue Evans at the first class.** Call 595-7444 to **register by October 4th.**

Senior Safety Day

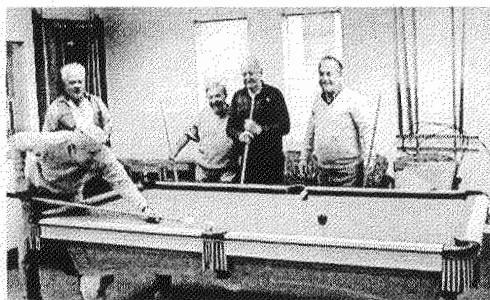
Co-sponsored with the Belmont Police Department

Tuesday, August 29th
9:30am - 1pm
FREE

Important information you must know about: Emergency Preparedness, Home and Fire Safety, Scams, Personal Protection. Luncheon included. **FREE!** Phone (650) 595-7444 to register.

OUR PROGRAMS

HAVE FUN....GET INVOLVED THIS FALL!!!



Beginning Pool Lessons

Have you always wanted to play pool - but don't know how to get started? A new beginning level pool class is available at Twin Pines. Volunteer Harold Wertenberg will help you learn the basic rules of pool and offer tips as you play in a relaxed and recreational atmosphere. Drop in on **Friday** mornings from **10:30 -11:30am**. **FREE**, reservations are not needed.

Beginning Poker

Come play poker in a low key and friendly setting. Beginning poker is played on **Thursdays** at **12:15**. Poker chips and cards are provided. No reservations needed.

Homeowners or Renters Credit R.S.V.P. / AARP

Tax Aide Volunteers will be at our Center on **Tuesday** mornings: **September 5 & 19**, and **October 3 & 17**. Volunteers will assist blind, disabled and senior citizens in preparation of California Homeowners or Renters Assistance forms. This consultation is by appointment only. Please bring your Federal & State Tax return for 2005 plus proof of disability or age (must be 62 or older). Homeowners must also bring the Property Tax Statement for 2005-2006. Renters must provide their landlord's name, address, and telephone number. Call 595-7444 to make your appointment.

Newcomers' Coffee Wednesday, September 13

Get Involved!

Have Fun!

A Newcomers' Coffee will be held on **Wednesday, September 13th** at **10:00am**. Information on the services, classes, clubs and special events offered at the Twin Pines Senior & Community Center will be given along with an entertaining and informative video. **Phone 595-7444 for reservations.**

*Staying connected to people
is proven to be good for your health.*

FLU CLINIC

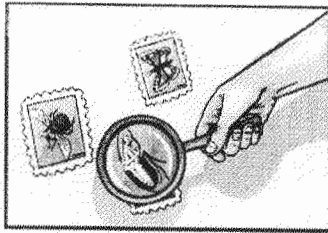
Thursday, November 2
9:00 – 11:30 am

A flu clinic will be held at the Twin Pines Senior and Community Center on **November 2nd** from **9:00-11:30am**. The vaccines will be administered by the San Mateo County Health Department. This clinic is available only to Senior Citizens aged 60 years and older. There is a suggested fee of \$5 for the vaccine. Call 595-7444 to register.

NEW Writer's Workshop Wednesdays 1:00-3:00 pm

This is a workshop for people who enjoy writing of any genre, e.g., short stories, non-fiction articles, memoirs, poetry. This is not an accredited course in writing. There is no teacher, instructor, etc. However, Bart Oxley, a free lance writer and a Belmont resident will chair the group, and critiques of each writer's material will be conducted by others in the group. Bart has been published, and attends two other writing workshops on the Peninsula. Each person attending will read his/her material. This is an opportunity for experienced writers to share their work with others, and for people who have thought about writing their memoirs to improve their own work through critiques. The first meeting on **Wednesday, July 12**, will be an orientation meeting where attendees will meet and share some of the specifics of a workshop. The Workshop is limited to 12 members. Phone 595-7444 to register for this free workshop.

JOIN IN THE FUN!



Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00am. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978. Everyone is welcome! Donations of stamps, whether washed or still on the envelope are most appreciated.

*"Recreation brings meaning,
purpose and pleasure to people's
lives..."*

Conversational Language Groups

Do you speak another language? Come, chat, make new friends and keep your language fluent. The Twin Pines Senior and Community Center has conversational language groups: Spanish and German. Everyone is welcome to drop in to converse in a fun and friendly setting.

The **SPANISH** group meets weekly, Wednesday mornings at 10:00am.

The **GERMAN** group meets on Tuesday mornings from 10:30-11:30am.

Would you like to participate in a new language group? Russian, French or Chinese? Call 595-7444 to get your name on the interest list.

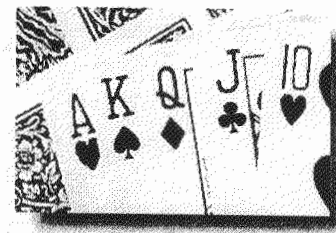
Please phone (650) 595-7444 for information.

Mah Jong

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00pm. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

What's Your Game?? Scrabble, Yahtzee, Dominos?

Join us for fun, games, and new friends. Come to Game Days at the Twin Pines Senior & Community Center. Scrabble and other games will be played on Thursdays from 12:15 - 2:00pm. Reservations are not needed.



Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:30-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

Manipulation

Beginners and experienced players are welcome to join in this fun and easy to learn card game. Manipulation is played on Monday afternoons from 12:30 - 4:30pm. Reservations are not needed.

Musical Memories

Join us as we stroll down Musical Memory Lane. Sing-along, tap your toes or just enjoy watching the different scenic locations in this delightful music video. We're sure you'll enjoy reminiscing along with classic favorites you love to hear. This monthly musical series will be held on the 4th Tuesday of each month at 10:30am.

September 26, October 24, and November 28.



A Big THANK YOU!



We would like to thank and acknowledge the following community businesses who generously donated to our Pasta and a Pirate fundraiser. Unfortunately we had to cancel our Pasta event due to low participation. We will be using the following donations as raffle prizes, with the poceeds being used for Senior Services programs. If you patronize any of these businesses please take the time to thank them for donating and supporting our Center.

*Bel Mateo Bowl - 5 coupons for 5 free games
Carlmont ACE Hardware - 2 Quick Switch Energizer flash lights
Hiller Aviation Museum - 2 passes for 4 free admissions (\$36V)
Hobee's California Restaurants- \$25 certificate
Hola Mexican Restaurant - \$25 gift certificate
Indulge Asian Buffet - 10 - \$10 gift certificates (\$100)
Iron Gate Restaurant - \$75 gift certificate
Lunardi's Market - 3 - \$25 gift certificates (\$75)
Max's Restaurants - 4 - \$10 gift certificates (\$40)
See's Candies - 2 - 1 pound certificates for See's chocolates
Target Stores - \$25 gift card
Vic's Restaurant - \$25 gift certificate
Vivace Ristorante - \$75 gift certificate*

Many "THANKS" to our generous supporters

